



Kentucky Personnel Cabinet
Frankfort Employee Wellness Bulletin

June is nutrition month

Meet your Journey to Wellness and Employee Care Clinic staff on June 23

In celebration of nutrition month, join your Journey to Wellness and Employee Care Clinic staff on Thursday, June 23, at the below locations:

10 a.m. to noon

- Cabinet for Health and Family Services lobby
- Capital Plaza Tower lobby

1 p.m. to 3 p.m.

- Transportation Cabinet lobby
- Capitol Annex lobby

Take this opportunity to get to know your Employee Care Clinic staff and learn quick tips on how to make nutritional food choices at home and at work. **As part of a new pilot program, state employees can now visit any of the four Frankfort-based First Onsite Employee Care Clinics for free.** For information on scheduling your next wellness check-up, preventative screening or disease management appointment, visit <http://personnel.ky.gov/firstonsite.htm> for clinic locations and hours.

By living a healthier lifestyle and through early detection of medical conditions, significant savings can be achieved for both the Kentucky Employees' Health Plan (KEHP) and KEHP participants. Studies show onsite clinics can also help to improve employee productivity by reducing absenteeism and increasing morale and retention, all of which increase the Commonwealth's return on investment.

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